

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Claims 1-20 (canceled)

Claim 21 (new): Apparatus for reducing stress in a person comprising computer hardware having:

- a) a program memory,
- b) a processor for executing a program stored in the program memory,
- c) a sequence memory in which is stored a plurality of audio sequences, and
- d) audio reproduction hardware;

there being stored in the program memory a program which, when executed by the processor causes the audio reproduction hardware to reproduce audio sequences stored in the sequence memory to form an audio programme, the audio programme has a plurality of phases;

the entire programme is, on a detailed level, apparently random, but has a closely defined large-scale structure;

each phase is generated by selecting at random a plurality of audio sequences from a repertoire of audio sequences, the selected audio sequences being reproduced in succession to construct a continuous phase, there being a respective repertoire for each phase, each sequence being a recorded segment of music and/or spoken text.

Claim 22 (new): Apparatus as claimed in claim 1, wherein one or more of the phases always last a predetermined length of time.

Claim 23 (new): Apparatus as claimed in claim 2, wherein one or more of the phases has a variable length.

Claim 24 (new): Apparatus as claimed in claim 1, wherein one or more of the phases has a variable length.

Claim 25 (new): Apparatus as claimed in claim 2, wherein the sequences that can be selected to construct such phases are themselves of different lengths, and the number of sequences used is variable.

Claim 26 (new): Apparatus as claimed in claim 3, wherein the sequences that can be selected to construct such phases are themselves of different lengths, and the number of sequences used is variable.

Claim 27 (new): Apparatus as claimed in claim 4, wherein the sequences that can be selected to construct such phases are themselves of different lengths, and the number of sequences used is variable.

Claim 28 (new): Apparatus according to claim 1 in which the phases include an introduction phase, during which the individual is exposed to a combination of anxiolytic music and randomly selected voiceover including a description of the nature of the method to follow.

Claim 29 (new): Apparatus according to claim 1 in which the phases include a first phase, during which the individual is exposed to a combination of anxiolytic music and randomly selected voiceover comprising instructions to lower said individual from a conscious state to a subconscious state.

Claim 30 (new): Apparatus according to claim 1 in which the phases include a second phase during which the individual is exposed to a combination of anxiolytic music and randomly selected voiceover comprising suggestions to maintain the individual in said subconscious state.

Claim 31 (new): Apparatus according to claim 1 in which the phases include a third phase, during which the individual is exposed to a combination of anxiolytic music and randomly selected voiceover comprising instructions to lift the individual from said subconscious state to a conscious state.

Claim 32 (new): Apparatus as claimed in claim 1 in which the computer hardware has been designed specifically for reproduction of audio signals.

Claim 33 (new): Apparatus as claimed in claim 1 in which the computer hardware is a general-purpose computer having suitable audio reproduction hardware.

Claim 34 (new): Apparatus as claimed in claim 1 in which the program memory, or some of the program memory, and/or the sequence memory, or some of the sequence memory is constituted within a non-volatile memory device.

Claim 35 (new): Apparatus as claimed in claim 14, in which the non-volatile memory device is provided in a configuration that can be readily exchanged by a user.

Claim 36 (new): Apparatus as claimed in claim 15, in which the non-volatile memory device is in a cartridge.

Claim 37 (new): Apparatus as claimed in claim 15, in which the non-volatile memory device is in a card.

Claim 38 (new): Apparatus as claimed in claim 1 in which the program memory and/or sequence memory, or a part thereof, is permanently or semi-permanently installed within the hardware.

Claim 39 (new): A computer program product executable by computer hardware such that the computer hardware performs as apparatus according to claim 1.

Accordingly, the new claims contain no new matter.